



## Supporting Healthy Aging and Independence of Older Adults

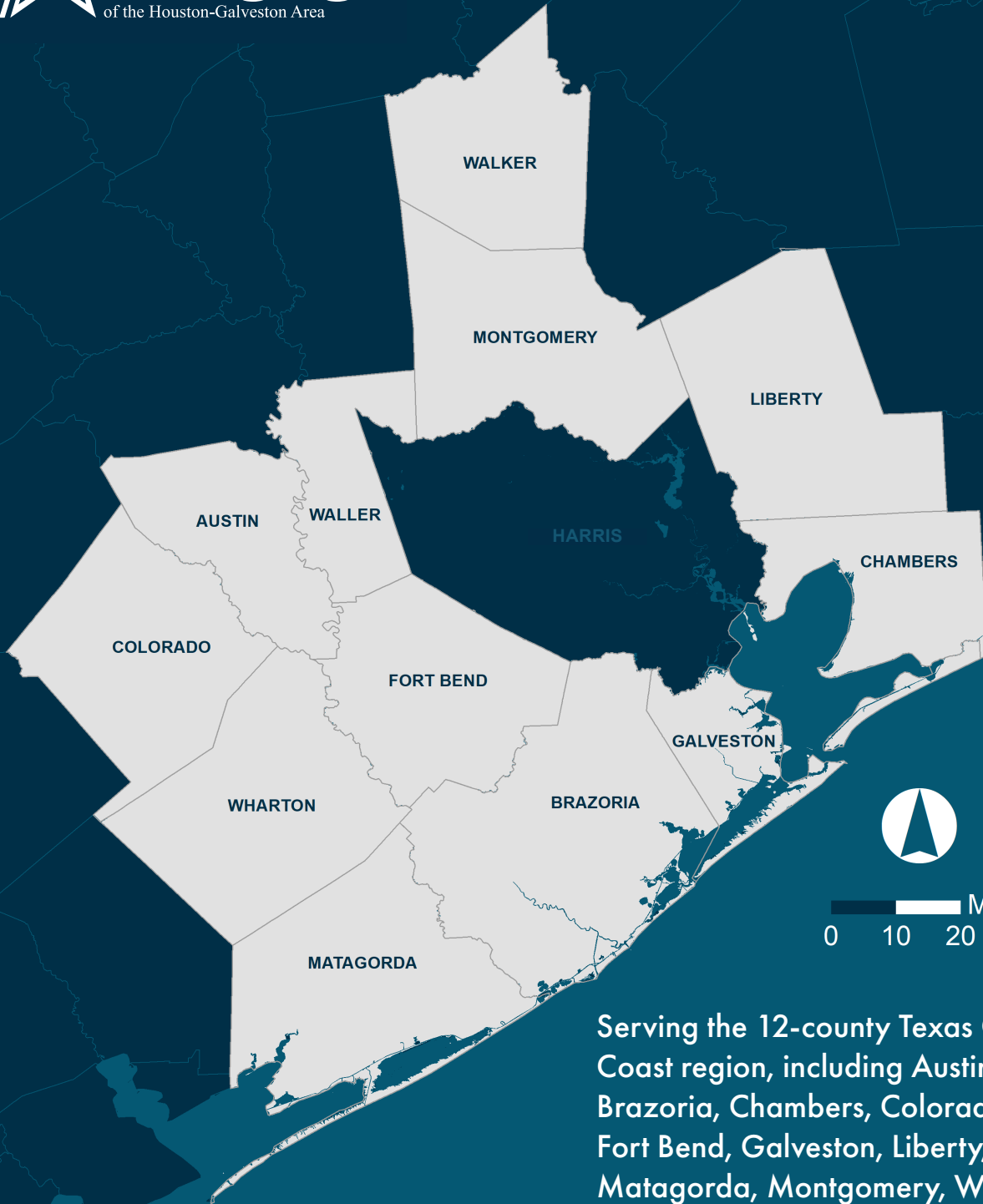


[www.h-gac.com/go/aging](http://www.h-gac.com/go/aging)

1-800-437-7396

# Area Agency on Aging

of the Houston-Galveston Area



0 10 20 Miles

Serving the 12-county Texas Gulf Coast region, including Austin, Brazoria, Chambers, Colorado, Fort Bend, Galveston, Liberty, Matagorda, Montgomery, Waller, Walker, and Wharton counties.

*Harris County is served by the Harris County Area Agency on Aging.*





## AREA AGENCY ON AGING (AAA)

The Area Agency on Aging, a department of H-GAC, provides high quality services to older adults, aged 60 and over, through a direct and community-based service delivery systems. The Area Agency on Aging’s mission is to assist older persons remain independent in their home and maintain their dignity.

### Brief History

The area agencies on aging were formally established in the 1973 Older Americans Act as the “on-the-ground” organizations charged with helping vulnerable older adults live with independence and dignity in their homes and communities. In 1974, the Houston-Galveston Area Council, became designated as an Area Agency on Aging for a 12-county region.

## CONTACT US

**1-800-437-7396**

**AAAinquiry@h-gac.com**

**[www.h-gac.com/go/aging](http://www.h-gac.com/go/aging)**

Scan the QR code with your smartphone’s camera to visit our website.



For services in Harris County:  
Harris County Area Agency  
on Aging

**832-393-4301**

**[www.houstonhealth.org/  
services/aging](http://www.houstonhealth.org/services/aging)**

## Service Offerings

- Benefits counseling program
- Long term care ombudsman for nursing home and assisted living residents
- Congregate and home-delivered meals
- In-home services
- Health education and caregiver workshops

## People We Serve\*

Our services are federally funded by the Older Americans Act and provided at no cost. Our services are targeted towards, but not limited to, supporting:

- Individuals aged 60 and over
- Who live in rural areas
- Informal caregivers
- Individuals with severe disabilities
- Possess limited speaking ability
- Have the greatest social and economic need
- Live with dementia, including Alzheimer's Disease

*\*Exceptions may apply. Contact us with questions.*





**1-800-437-7396**  
[www.h-gac.com/go/aging](http://www.h-gac.com/go/aging)  
[AAInquiry@h-gac.com](mailto:AAInquiry@h-gac.com)

## **SATELLITE LOCATIONS**

### **NORTH**

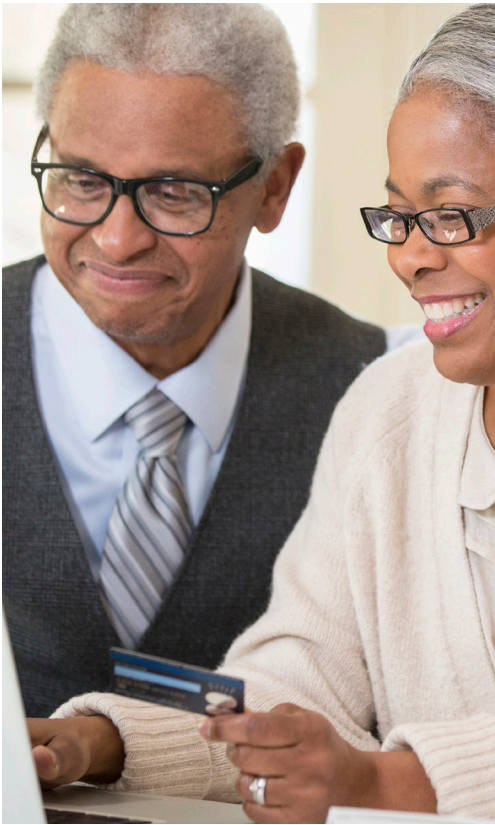
701 N Loop 336 E Ste 109  
Conroe, TX 77301

*Serving Austin, Chambers, Liberty,  
Montgomery, Waller and Walker  
counties.*

### **SOUTHWEST**

1111 Collins Rd  
Richmond, TX 77469

*Serving Brazoria, Colorado, Fort  
Bend, Galveston, Matagorda and  
Wharton counties.*



## **PROGRAMS AND SERVICES\***

### **Community Services**

- Home-delivered meals provided for eligible individuals who are homebound
- Congregate meals served at local senior centers and community centers alongside other community and social activities offered by the center
- Round-trip transportation to appointments and errands

### **Health Education**

- Evidence-based workshops and exercise classes to improve health, mobility, and quality of life
- Provided at local community centers and partner locations throughout the region
- Classes offered at various skill levels

### **Care Coordination**

- Home modifications to remain safe and healthy in your home
- Durable medical equipment and supplies delivered to your home
- One-time prescription assistance for medication not covered by Medicare
- Referrals to area dental, vision, and hearing providers
- Medical alert system installation and maintenance
- Short-term respite care and personal assistance

### **Ombudsman Program**

- Advocates for resident rights
- Protect quality of life and quality of care for residents of assisted living and nursing home facilities
- Free, confidential, and by resident's direction

*\*Services are based on eligibility and funding availability*

## **IN-PERSON BENEFITS COUNSELING**

To learn when we will be in your community for benefit check-up days or to contact a certified benefits counselor, contact us at:

**1-800-437-7396**

**AAInquiry@h-gac.com**

**[www.h-gac.com/go/  
aging-benefits](http://www.h-gac.com/go/aging-benefits)**

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## Benefits Counseling Program

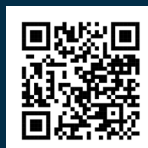
- Free and unbiased information available to medicare recipients, regardless of age
- Help individuals understand plan options and select coverage based on individual need
- Denied claim appeal assistance
- Financial assistance program assistance to reduce medicare costs (Medicare savings programs and extra help)
- Guidance when working past 65
- Legal assistance for those 60 and older, including advance directive planning, eligibility assistance for long-term care Medicaid, and qualified income trust





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JUNE 2024